




# Bandhas

Lesson Plan Date:




Mar 07 2018

Duration:

15

Time	Image	Pose	Description	Modifications	Precautions
		Root Lock	Sit or stand. On exhale gently pull up area between anus and genitals. Do not hold breath. <b>Sanskrit:</b> Mula Bandha <b>Benefits:</b> Pranayama. Protects lower back. <b>Video:</b> <a href="https://www.youtube.com/embed/qgHt9y0RPGg?rel=0">https://www.youtube.com/embed/qgHt9y0RPGg?rel=0</a>		Pregnancy. Intestinal disorders.
		Chin Lock (dynamic)	Sit with legs crossed. Inhale. Hold breath and fold head forward (chin rests on upper chest). Hands on knees with arms straight. Push knees towards floor (upper body remains tall). To release, raise head and exhale. <b>Sanskrit:</b> Jalandhara Bandha <b>Benefits:</b> Pranayama. <b>Video:</b> <a href="https://www.youtube.com/embed/Ynz3fZW203k">https://www.youtube.com/embed/Ynz3fZW203k</a>		Pregnancy. Intestinal disorders.
		Chin Lock (passive)	Sit with legs crossed. Fold head forward to squeeze throat. Feel breath as a sucking sound on inhale and hissing sound on exhale (Ujjaji breath). The sound of Ujjaji breath is “So Hum” (can repeat as a mantra aloud or silently). Hands on knees with arms straight. Push towards floor (upper body remains tall). To release, raise head and exhale. <b>Sanskrit:</b> Jalandhara Bandha <b>Benefits:</b> Pranayama. <b>Video:</b> <a href="https://www.youtube.com/embed/Ynz3fZW203k">https://www.youtube.com/embed/Ynz3fZW203k</a>		Pregnancy. Intestinal disorders.

Time	Image	Pose	Description	Modifications	Precautions
		Upward Abdominal Lock	<p>Stand with feet slightly apart. Inhale deeply through nose. Exhale quickly and forcibly through nose. Contract abdominal muscles fully to push as much air as possible out of lungs. Relax abdominals. Repeat.</p> <p><b>Sanskrit:</b> Uddiyana Bandha</p> <p><b>Benefits:</b> Strengthens core muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/l2R0dkzkbzE">https://www.youtube.com/embed/l2R0dkzkbzE</a></p>	Press palms against tops of thighs.	Hernia. High blood pressure. Heart disease. Menstruation. Pregnancy.
		Gayatri Mantra	<p>Om bhur bhuvah swah. Tat savitur varenyam. Bhargo devasya dhimahi. Dhiyo yo nah prachodayat (Translation: We meditate upon the spiritual effulgence of that adorable supreme divine reality Who is the source of the physical, the astral and the heavenly spheres of existence. May that supreme divine being enlighten our intellect, so that we may realise the supreme truth).</p> <p><b>Alternatives:</b> Hero. Perfect. Lotus.</p> <p><b>Benefits:</b> Great mantra of The Sun. Chant at sunrise and sunset.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/nDnamSM3Z3s?rel=0">https://www.youtube.com/embed/nDnamSM3Z3s?rel=0</a></p>	Folded blanket under buttocks.	
		Mangalam	<p>Mangalam bhagavan vishnum. Mangalam garudadhwajah. Mangalam pundareekaksham. Mangalaya tano hari (Translation: Beloved Lord Vishnu is auspicious. Auspicious is His vehicle Garuda, the image on his flag. Auspicious are his lotus-like eyes. So auspicious, His manifestation).</p> <p><b>Alternatives:</b> Hero. Perfect. Lotus.</p> <p><b>Benefits:</b> Peace mantra.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/phkE9Ahh9Sw?rel=0">https://www.youtube.com/embed/phkE9Ahh9Sw?rel=0</a></p>	Folded blanket under buttocks.	

Time	Image	Pose	Description	Modifications	Precautions
		Om Mani Padme Hum	Om Mani Padme Hum (Translation: Om: Generosity. Mani: Jewel. Padma: The lotus flower. Hum: Wisdom) <b>Alternatives:</b> Hero. Perfect. Lotus. <b>Benefits:</b> Buddhas Mantra.	Folded blanket under buttocks.	
		Ong Namoh Guru Dev Namoh	Ong Namoh Guru Dev Namoh (Translates as: I bow to the subtle divine wisdom. I bow to the divine teacher within). <b>Alternatives:</b> Hero. Perfect. Lotus. <b>Benefits:</b> Relate to divine teacher within. <b>Video:</b> <a href="https://www.youtube.com/embed/c1XCS0g6J4A?rel=0">https://www.youtube.com/embed/c1XCS0g6J4A?rel=0</a>	Folded blanket under buttocks.	
		So Hum	So Hum (I am that). <b>Alternatives:</b> Hero. Perfect. Lotus. <b>Benefits:</b> Relates to the breath. <b>Video:</b> <a href="https://www.youtube.com/embed/4JnA6k9QldM?rel=0">https://www.youtube.com/embed/4JnA6k9QldM?rel=0</a>	Folded blanket under buttocks.	